

Fresh Fruit and Vegetable Program Sample Monthly Snack Menu

Month of: _____

Monday	Tuesday	Wednesday	Thursday	Friday
Jicama		Cauliflower/Broccoli		Blueberries
Apple slices		Celery sticks		Orange wedges
Bananas		Cherry tomatoes		Pears
Strawberries		Zucchini		Melon cubes
Pineapple spears		Carrot coins		Plums

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